



# Comprehensive Strategy for Lucas County Children & Families



Volume 1, Issue 6

November 2001

*Our Mission: Engaging the community in enacting the Comprehensive Strategy initiatives through education, promoting collaboration, and providing resources for planning.*

**THIS MONTH'S RISK FACTOR FOCUS: *Friends who Engage in Problem Behavior***

## Alcohol/Tobacco Access Concerns

**Deacon Dzierzawski, Executive Director, The Community Partnership**  
**[Deacon@communityprevention.org](mailto:Deacon@communityprevention.org)**

While the majority of funding and media attention focuses on illicit drugs such as marijuana, heroin and cocaine, more young people use alcohol and tobacco than all other drugs combined. Not to discount the seriousness of these drugs and their detrimental effects on our young people and society, but if we are able to reduce youth tobacco and alcohol use, the likelihood of young people trying these "harder" substances is also greatly reduced.

How does one begin to address this issue? As a society we see the choice to use alcohol and tobacco as exactly that - a choice, so we tend to focus on assisting others in their decision making process. This is accomplished through highlighting the consequences of certain choices, and presenting alternatives to using alcohol and tobacco. Studies indicate that by the time young people reach age 16 they are able to verbalize the dangers of using alcohol and tobacco, including the acute effects of accidental death as well as the chronic effects such as alcoholism and cancer.

So if we are doing a good job educating our target population, where do we go from here? *Access, access, access.* If we can limit a person's access to a product, the likelihood of their using the product is greatly reduced. In Lucas County, The Community Partnership has taken significant steps to reduce the availability of alcohol including server training, providing electronic identification scanners, proposed legislation making it harder for a retailer to maintain their liquor license if they sell to young people, and restricted serving areas for open-air events. In 1999, an identification check study showed that 45% of alcohol outlets sold beer without ascertaining appropriate age. In the same study a year later, after some of the aforementioned interventions, that number dropped to 32%.

Limiting access to alcohol and tobacco products is a viable and effective prevention strategy for dealing with products that are legal for a segment of our population and deemed acceptable for use. To this end it is up to not only the professionals to make this practice a reality but all members of our community. Please forward your comments/concerns/related programs on this issue to the address(es) noted on page 4 or the email address above.

### OUR VISION

*Lucas County will be a community...*

- ☐ That supports parents in caring for their children.
- ☐ Where families set their own goals and provide a loving, nurturing, supportive and safe environment.
- ☐ Where parents are the primary service specialists for their children and will provide opportunities for their growth.
- ☐ Where the community will support parents with the necessary assistance for the care and nurturing of their children.



### SPOTLIGHT

*on*

*programs addressing  
Friends Who Engage in*

***Problem Behaviors:***

- Double ARC - *page 2*
- TEG & TAP - Tobacco cessation programs - *page 2*
- Parents Who Host Lose the Most - *page 2*
- ***Blueprints Model Program:***  
Project Northland - *page 3*

•• *Share this newsletter! Staff routing • Bulletin board postings • Agency mailings* ••

## Double Arc serves at-risk youth and their families

### Applied Research & Collaboration for Children Affected by At-Risk Conditions

Double ARC was founded to help teachers, parents and social workers determine what was causing children to be at risk, and what could be done to help them succeed. A 1996 Report to Congress from the Institute of Medicine states, "Of all the substances of abuse, including heroin, cocaine and marijuana, alcohol produces by far the most serious neuro-behavioral effects in the fetus." In response to this issue, in 1998 Double ARC opened its Fetal Alcohol Syndrome (FAS) Diagnostic Clinic. It was the first national site affiliated with the FAS Diagnostic and Prevention Network in Seattle, Washington. In 2000, the clinic diagnosed and provided service plans for 19 children and assisted 13 parents with 17 children in completing clinic service plans. They also provided intensive case management for 19 birth mothers with 40 children.

In addition to the FAS Clinic, Double ARC facilitates a parental support group for families of children with FAS and provides consultation for staff and parents at the Aurora Child Development Center.

Although Double ARC is most often known for its work with FAS/FAE (fetal alcohol syndrome/effects), they provide a broad range of services for children at risk of school failure for any reason. In 2000, they assisted 51 students at eight area schools through the Learning Process program and trained 24 professionals to carry out this program in their schools. Double ARC has also begun a new sensory integration program at St. Mary Toledo which has already served 120 children.

Double ARC is sponsored by the Sisters of Notre Dame.

**For more information, call 419.479.3060**

## Tobacco cessation programs

Tobacco Education Group (TEG) and Tobacco Awareness Program (TAP) are award winning, researched based programs that are effective at helping teens to stop using tobacco. Distributed through *Community Intervention* of Minneapolis and utilized in all fifty states, these programs have met the seven *Guidelines for School Health Programs to Prevent Tobacco Use and Addiction* established by the Centers for Disease Control (CDC).

TEG provides a positive alternative to suspension for students caught smoking on school property. Eight mandatory 40-50 minute sessions provide practical information on the processes and effects of tobacco use. Each student assesses personal patterns of use and considers the health consequences of continued use. TEG hopes to motivate the students to adapt healthier lifestyles and encourages them to join an ongoing cessation group like TAP.

TAP focuses on youth who want to stop using tobacco. Students voluntarily attend this eight-session program that guides them to their quit date and helps them remain tobacco-free. The students explore a wide range of cessation methods and learn techniques to avoid the tobacco use triggers. Students who choose to quit receive ongoing support to remain tobacco-free. Those needing additional help are welcomed back for repeat sessions.

Several local programs are based on the TAP and TEG curriculums:

St. Luke's Action Against Tobacco sponsors TEG and TAP groups for several school districts. Contact Holly Kowalczyk, BS, RRT, RCP, 419-897-8449.

The Toledo Hospital/Toledo Children's Hospital directs START (Students Taking Action to Resist Tobacco) at Start High School. Contact Cheryl Horn, program facilitator, or Brian Sanders, manager of Pulmonary Rehabilitation, Pulmonary Function and Hyperbaric Oxygen, 291-5358, or visit their website at ProMedica.org.

*continued on page 3*

## Parents Who Host campaign

Ohio Parents for Drug Free Youth, with support from the Ohio Department of Alcohol and Drug Addiction Services and the Ohio Department of Public Safety, have created a public awareness program directed towards parents.

**Parents Who Host Lose the Most** is designed to reduce the number of adults who unwittingly support underage drinking by hosting parties in their home, under the mistaken belief that it is controlled, therefore safe.

Parents Who Host spells out the legal implications in providing alcohol to any underage person other than your own children, including criminal penalties and liability issues. The program seeks to inform parents that:

- It is illegal to make alcohol available to children other than your own;

- It is illegal to host or allow teen drinking parties in your home;

- It is illegal, unhealthy and unacceptable for anyone under age 21 to drink;

- It is unsafe and illegal for teens to drink and drive;
- Parents can be prosecuted under the law; and
- Everything associated with a violation, such as personal property, can be confiscated.

Parents who host are subject to a jail sentence of up to six months and/or a \$1,000 fine, and can be sued for damages if anyone is injured or property is damaged.

**For more information, see [www.OhioParents.org](http://www.OhioParents.org)**



# Blueprints Model Program:

## *Project Northland*

Project Northland is a community-wide intervention designed to reduce adolescent alcohol use. The program spans three years and is multi-level, involving students, parents and peers, as well as community members, businesses and organizations. It is a universal intervention designed for sixth, seventh and eighth grade students. Project Northland has been successfully implemented in rural, lower-middle class to middle class communities.

The success of this program lies in its comprehensive, long-term design. Each of the three years has a specific theme and incorporates individual, parent, peer and community training.

In sixth grade, student and parent communication is targeted by requiring parents and children to complete homework assignments together that describe adolescent alcohol use. Group discussions regarding this topic are held in school and a community-wide task force is created to address young adult alcohol use.

In seventh grade, a peer- and teacher-led classroom curriculum focuses on resistance skills and normative expectations regarding teen alcohol use. It is implemented using discussions, games, problem-solving and role playing. A peer participant program also creates alternative alcohol-free activities, and parent involvement continues. The community task force discusses alcohol-related ordinances, and businesses provide discounts for those adolescents who pledge to be alcohol and drug free.

In eighth grade, students are encouraged to become active citizens. They interview influential community members about their beliefs and activities concerning adolescent drinking, and conduct town meetings to make recommendations for the community's help in preventing alcohol use.

An evaluation conducted at the end of the third year of intervention found significant benefits for intervention students, compared to control students, including the following:

- lower scores on the tendency to use alcohol;
- less use of alcohol in both the past week and the past month;
- lower frequency of the combination of alcohol and cigarette use;
- lower scores on the peer influence scale; and
- increased communication with parents about the consequences of drinking.

In addition, those students who were nonusers of alcohol at the beginning of the intervention demonstrated:

- decreased tendencies to use alcohol;
- less alcohol use in the past week and month; and
- less cigarette and marijuana use.

- from [www.colorado.edu/cspv/blueprints](http://www.colorado.edu/cspv/blueprints)

For more information, see [www.miph.org/capt/northland.html](http://www.miph.org/capt/northland.html)

### **TEG-TAP continued from page 2**

Mercy Health Partners is preparing programs for Waite and Libbey High Schools. Contacts are Barb Blochowski, RN, and Linda Nijakowski, RN, 419-251-1321.

St. Charles Mercy holds TEG and TAP groups for Oregon high school students. Sessions meet at St. Charles Hospital. Contact Charlotte Ringer, RRT, 419-696-7494.

For more information, see [www.cdc.gov/tobacco](http://www.cdc.gov/tobacco)

### LOCAL RISK FACTORS

*Favorable Parental Attitudes & Involvement in the Problem Behavior:*

• Indicators:

- ☐ Adult violent crime arrests
- ☐ Adult drug offense arrests

*Friends Who Engage in the Problem Behavior:*

• Indicators:

- ☐ Alcohol use in 8<sup>th</sup>, 10<sup>th</sup> & 12<sup>th</sup> grades
- ☐ Marijuana use in 8<sup>th</sup>, 10<sup>th</sup> & 12<sup>th</sup> grades
- ☐ Cigarette use in 8<sup>th</sup>, 10<sup>th</sup> & 12<sup>th</sup> grades
- ☐ Cocaine use in 8<sup>th</sup>, 10<sup>th</sup> & 12<sup>th</sup> grades
- ☐ Teen pregnancy rates

*Academic Failure Beginning in Elementary School:*

• Indicators:

- ☐ Drop-out rate
- ☐ Graduation rate
- ☐ Reading proficiency
- ☐ Math proficiency

*Early Initiation to Problem Behavior:*

• Indicators:

- ☐ Alcohol use in early grades
- ☐ Marijuana use in early grades
- ☐ Cigarette use in early grades
- ☐ Cocaine use in early grades

*Family Management Problems:*

• Indicators:

- ☐ Number of children in substitute care
- ☐ Incidences of substantiated child abuse or neglect

-based on local data gathered for the community report on *A Comprehensive Strategy for Lucas County Children & Families*, 1999

## **Errata...**

September's article on Club 36 neglected to mention the valuable partnership of the YMCA of Greater Toledo in making the program a success. Our apologies!



### **Pacific Institute for Research & Eval.**

- [www.pire.org](http://www.pire.org)
- Tobacco to 21**
- [www.tobacco21.org](http://www.tobacco21.org)

# The Community Partnership

5902 Southwyck Blvd., Suite 100

Toledo, Ohio 43614

[www.communityprevention.org](http://www.communityprevention.org)



*Comprehensive Strategy for Lucas County Children & Families*

Non-Profit

U.S. Postage Paid

Permit #1108

Toledo, OH



*The Comprehensive Strategy for Lucas County Children & Families newsletter is a cooperative effort of many agencies throughout the county. For copies of the initial report or data CD, or to join the mailing list, contact The Community Partnership at 419.866.3611, 5902 Southwyck Blvd., Toledo, Ohio 43614 or email [Cyndi@communityprevention.org](mailto:Cyndi@communityprevention.org). For specific Comp Strategy questions, call Kristen Kania at Lucas County Family Council, 419.213.6994, or email [kkania@co.lucas.oh.us](mailto:kkania@co.lucas.oh.us)*

## OVERVIEW OF COMPREHENSIVE STRATEGY

Problem Behavior □ Noncriminal Misbehavior □ Delinquency □ Serious, Violent & Chronic Offending

### ***Prevention***

***Target Population: At-Risk Youth***

### ***Graduated Sanctions***

***Target Population: Delinquent Youth***

Programs for  
All Youth



Programs for Youth  
at Greatest Risk



Immediate  
Intervention



Intermediate  
Sanctions



Community  
Confinement



Training  
Schools



Aftercare

#### Youth Development Goals:

- Healthy and nurturing families
- Safe communities
- School attachment
- Prosocial peer relations
- Personal development and life skills
- Healthy lifestyle choices

#### Youth Habilitation Goals:

- Healthy family participation
- Community reintegration
- Educational success and skills development
- Healthy peer network development
- Prosocial values development
- Healthy lifestyle choices